

Want to make a change?

onesmallstep 
to a healthier you



Take OneSmallStep to
a healthier you. Start
making the healthy choice
the easy choice.

We can provide free support to help you to:

- Quit smoking
- Cut down on alcohol
- Maintain a healthy weight
- Start moving more

Visit onesmallstep.org.uk

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Find us at

 [@stephealthy](https://twitter.com/stephealthy)  One Small Step